



It's Unacceptable to Ignore Bone Health

Osteoporosis is often called the “**silent bone disease**” because it weakens bones slowly and silently—often until a fracture occurs without any prior warning. Despite being one of the most common chronic conditions globally, it remains largely overlooked and undertreated.

Healthy bones are essential for staying active, independent, and mobile throughout life. However, as we age, bone density naturally declines, increasing vulnerability to osteoporosis and fractures. The good news is that with early prevention, timely screening, and coordinated action, the risk of serious bone complications can be significantly reduced.

Common Risk Factors

- Age and hormonal changes
- Calcium and vitamin D deficiency
- Lack of physical activity
- Smoking and excess alcohol consumption
- Long-term use of steroids or certain medications
- Family history of fractures

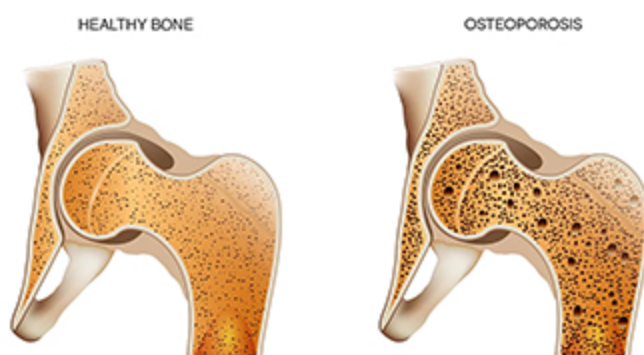
Steps Toward Stronger Bones

For Individuals

Prioritize bone health with a calcium- and vitamin D-rich diet.

- Engage in regular weight-bearing exercises such as walking, jogging, or strength training.
- Avoid smoking and limit alcohol consumption.
- Consult your doctor about bone density screening, especially if you have risk factors or a family history of osteoporosis.

OSTEOPOROSIS



Who Is at Risk?

- Women above 50
- Men above 60
- Postmenopausal women
- People with a family history of osteoporosis
- Individuals with low body weight
- Smokers and heavy alcohol users
- People with poor diet or limited physical activity

How Can You Prevent Osteoporosis?

- Eat for Strong Bones
- Stay Physically Active
- Maintain Healthy Lifestyle Habits
- Get Screened Early

With prevention, timely diagnosis, and consistent care, most osteoporosis-related fractures can be avoided. By making bone health a priority – at home, in clinics, and through policy – we can ensure people age with strength, confidence, and mobility. Let's move from awareness to action and build a future where strong bones are a shared reality, not a privilege.